

CLAIMS

Sub 1/1

A feminine hygiene kit comprising:

an absorbent tampon, said tampon comprising an absorbent core and a withdrawal mechanism attached thereto, wherein said absorbent core has a synergistic absorbent capacity of less than or equal to about 6 grams, and

a backup feminine protection product, wherein

said absorbent tampon and said backup feminine protection product are packaged in a common package.

2. The feminine hygiene kit of Claim 1 wherein said backup feminine protection product is a pantiliner.
3. The feminine hygiene kit of Claim 2 wherein said pantiliner has a caliper of less than or equal to about 3 mm.
4. The feminine hygiene kit of Claim 1 wherein said backup feminine protection product is a sanitary napkin.
5. The feminine hygiene kit of Claim 1 wherein said backup feminine protection product is an absorbent interlabial device.
6. The feminine hygiene kit of Claim 1 wherein said kit further comprises a mirror.

7. A feminine hygiene kit comprising:

~~an absorbent tampon, and~~

~~a mirror.~~

- Sub 2
8. The feminine hygiene kit of Claim 1 or Claim 7 wherein said kit further comprises a tampon insertion guide.
 9. The feminine hygiene kit of Claim 1 or Claim 7 wherein said kit further comprises a vaginal lubricant.

10. The feminine hygiene kit of Claim 1 or Claim 7 wherein said kit further comprises an insertion glove.
11. The feminine hygiene kit of Claim 10 wherein said insertion glove may also be used as a disposal wrapper for said tampon.
12. The feminine hygiene kit of Claim 1 or Claim 7 wherein said kit further comprises a finger cover.
13. The feminine hygiene kit of Claim 12 wherein said finger cover may also be used a disposal wrapper for said tampon.
14. The feminine hygiene kit of Claim 1 or Claim 7 wherein said kit further comprises a bonus product offering.
15. The feminine hygiene kit of Claim 14 wherein said bonus product offering comprises candy.
16. The feminine hygiene kit of Claim 14 wherein said bonus product offering comprises a bath product.
17. The feminine hygiene kit of Claim 14 wherein said bonus product offers comprises a coupon.
18. The feminine hygiene kit of Claim 17 wherein said coupon may be redeemed in conjunction with women's health services.
19. The kit of Claim 1 or 7 wherein said kit further comprises an instruction booklet.
20. The kit of Claim 19 wherein said instruction booklet comprises instructions which assist a consumer in creating a tampon usage system.
21. A training tampon comprising: a generally cylindrically shaped tampon device having an insertion end and a withdrawal end, and a withdrawal mechanism attached to said withdrawal end of said tampon device, wherein said tampon device is configured for insertion into the vaginal canal of a female wearer, and wherein said tampon device is substantially non-absorbent.

22. The training tampon of Claim 21 wherein said tampon device is comprised of a material selected from the group consisting of: teflon, polyethylene, polypropylene, and polyester.
23. The training tampon of Claim 21 wherein said tampon is housed in an applicator, said applicator comprising a holder tube and a plunger tube, said holder tube and said plunger tube being telescopically disposed relative to one another.
24. The training tampon of Claim 21 further comprising a vaginal lubricant disposed on the outer surface of said tampon.
25. A feminine hygiene kit, said kit comprising the training tampon of Claim 21 and a vaginal lubricant.
26. The feminine hygiene kit of Claim 1 or Claim 7 further comprising the training tampon of Claim 21.